



## Add activity to your daily routine and feel more energetic!

**B**eing physically active is important. It can help you feel better and improve your health. There are many fun things that you can do to be active—by yourself or with family or friends. Children and adults should do 30 minutes or more of moderate physical activity each day. You can do 30 minutes all at once or 10 minutes at a time, three times a day. If you are not used to being active, start out slowly and work up to 30 minutes a day. Add more activities for longer periods of time as you begin to feel more fit, or add some vigorous activity.



## Improve your outlook!

Physical activity can be your solution to feeling tired, bored, and out of shape. With more physical activity you may feel less stressed!





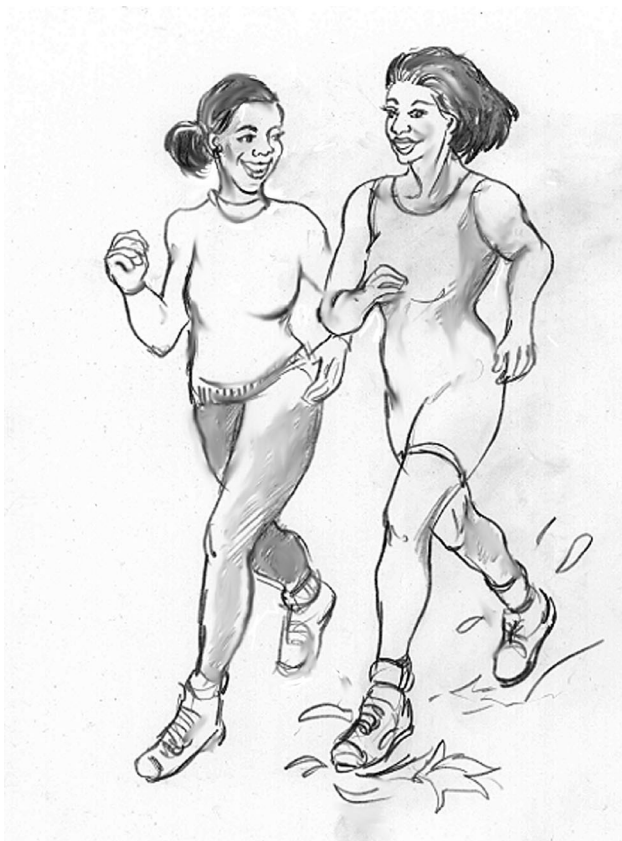
## Create a healthier you!

Choose one activity from the list of moderate or vigorous activities above and get started for a healthier you! Get a pencil and write your answer below.

My goal is to \_\_\_\_\_ for at least

(write one favorite activity here)

\_\_\_\_\_ minutes \_\_\_\_\_ times each week.  
(minutes per day) (number of times)



## To do a quick workout:

- Use the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk to each end of the mall when you go shopping.
- Park your car a few blocks away and walk.



## To have fun:

- Play your favorite dance music. Do the old steps you love—add some new moves.
- Jump rope or play tag with your kids or grandkids.
- Use hand-held arm weights during a phone conversation with a friend.

## What's the best type of physical activity for you?

The best type is the one or two that you will do! Pick an activity that you enjoy doing and one that will fit into your daily routine. Start with moderate levels of activity and work your way up!



## Moderate level of activity

Here s a good place to start.

Moderate activities such as walking and climbing stairs for 10 minutes, three times a day can improve your health. Pick a few things to try from the list below.

### Moderate Activities

walking                  gardening  
dancing                vacuuming  
raking leaves    climbing stairs  
bowling

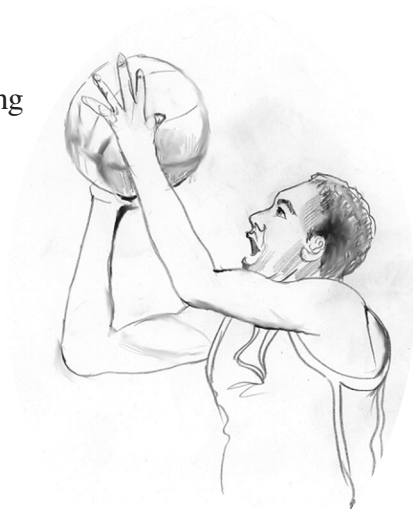


## Vigorous level of activity

You can increase to this higher level as you become more fit. You get additional health benefits from doing vigorous activity. If you are already at this level, keep up the good work!

### Vigorous Activities

bicycling                jogging/running  
swimming              marching in place  
doing aerobics    playing sports  
(basketball, football,  
soccer, baseball)



# Make staying physically active a lifelong habit!

## Make it a family thing.

Work out with your family, friends, or neighbors. Teaming up with a partner keeps you both motivated.

## Make it a religious thing.

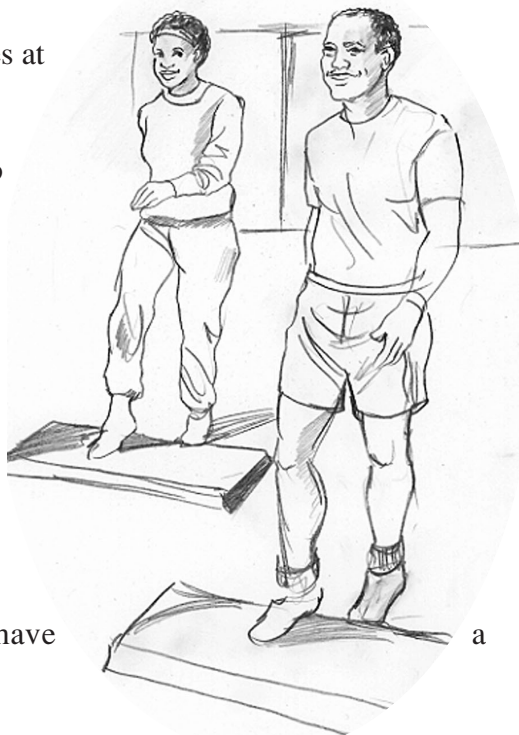
Start a physical activity group at your church.

## Make it a work thing.

Keep a pair of walking shoes at your job. Hook up with a coworker and use part of your lunch time or breaks to be active. Challenge each other to better health.

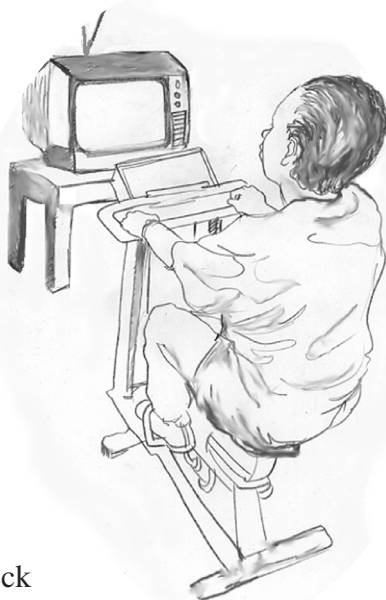
## Are you ready to get active?

- You can start being physically active slowly if you do not have health problem.
- If you have a health problem, check with your doctor before starting a vigorous exercise program.



## Physical activity can also:

- make you feel more energetic
- help you lose weight and control your appetite
- help you sleep better
- lower your chance for diabetes
- lower your chance for a stroke
- lower your blood pressure
- improve your blood cholesterol levels



## Move your body!

Change your habits by adding activity to your daily routine. Any movement you do burns calories.

The more you move, the better. Check out some of these simple activities to get you started today.

## To perk up:

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Workout along with an exercise video.



# Make Physical Activity A Habit

Track your daily progress. Start out slowly. Soon you will reach 30 minutes or more a day!

Write in the log the number of minutes you are active each day:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example	10	15	15	20	20	30	30
Week 1							
Example	30	OFF	30	30	OFF	30	30
Week 2							
Example	30	30	OFF	30	30	30	OFF
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



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# Energize Yourself!

Stay Physically Active



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